

## ABSTRACT OF THE DISCLOSURE

The present invention relates to a VoIP (Voice over Internet Protocol) system and a method for preventing data loss in the same. A receiving system in the VoIP system decides a  
5 hold time corresponding to the loss rate of compressed voice data, and provides the hold time to a transmission system. The transmission system adjusts voice input speed depending on the hold time. Therefore, the transmission system can regulate compressed voice data generation rate therein not to exceed a designated channel capacity.